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# STRATCOM exercise: Completed

By Stephanie Bemrose

THE BOMBARDIER

After several weeks of preparation, the Strategic Command exercise finished Wednesday.

This kind of exercise ensures the wing is meeting its wartime commitments and is usually performed twice a year.

Mai. Tom Wilcox, 2d Security Forces Squadron commander, said the exercise went well and was a great opportunity for all the players to come together and practice one of the 2d Bomb Wing's wartime missions.

First Lt. Michelle Taylor, 2d Munitions Squadron strategic weapons maintenance flight commander, agreed that the exercise went well.

"We saw some growing pains as expected, but they were minimal and consisted mostly of communication glitches," the lieutenant explained. "During the next exercise, most of these people will be in the same position and will know how it should come together - so communication will be smoother."

Major Wilcox said his unit members succeeded during the exercise by blending real-world mission taskings with contingency wartime taskings.

"There are different processes associated with wartime responsibilities that must be integrated with required daily activities," the major explained. "All newly assigned members were able to see for the first time how the entire (wing) comes together to support STRATCOM - a culmination of our day-to-day mission."

Lieutenant Taylor said her unit members succeeded by working well together and focusing on the mission at hand.

"This cooperation and focus minimizes the friction and chaos that would otherwise complicate the process," the lieutenant said.

Major Wilcox said the exercise went better than he anticipated.

"Having not fully exercised all the moving pieces in more than 18 months, everything came together successfully," the major explained.

Lieutenant Taylor said her emphasis on each individual recognizing the bigger picture worked, and compared this exercise as less hectic than previous exercises had

"Part of the reason for this was the smaller scope of this exercise compared to the last STRAT-COM exercise," the lieutenant explained. "Another advantage was the minimal number of missile problems, which in the past had contributed additional chaos. Everyone really took care of their piece of the mission to complete this exercise."

Although the exercise was successful, both Major Wilcox and Lieutenant Taylor experienced a few bumps in the road.

"There are always a few items that surface during any exercise," the major said. "But it's great watching leaders at all levels across the wing bring their specific knowledge together to work out a viable solution that supports the overall contingency mission."

"One thing I did not expect

Staff Sgt. Jesse Rayford shows 2d Lt. Nicholas Lee, both of the 2d Logistics Readiness Squadron joint inspection team, how to inspect a a 4630 cargo pallet during cargo processing Tuesday. The cargo processing was part of Barksdale's involvement in the Strategic Command exercise that ended Wednesday.

was the unusual number of trailer problems we had," the lieutenant "The 2d Maintenance Squadron trailer maintenance folks provided outstanding and timely support to make sure it did

not hinder our generation efforts."

In preparation for the upcoming air show, the next exercises are scheduled for Tuesday and May 8. The first is a tabletop exercise where possible emergency

situations will be discussed with off-base emergency response members. Then the base will hold a major accident response exercise to test readiness for any potential air show mishaps.

#### **Weekend Weather**



Today



thunderstorms

Sunday

Hi: 76 Low: 55

Barksdale

News .....Page 6

celebrates Earth Day with events today

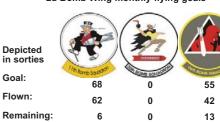
#### Feature ... Page 10-11



917th Wing pilot overcomes hardships exchange stripes for bars

#### Sortie Scoreboard

2d Bomb Wing monthly flying goals



As of April 24

### 2d BW/CC discusses leadership

BY COL. DANIEL CHARCHIAN 2D BOMB WING COMMANDER

I normally address the 2d Bomb Wing's most recent achievements in this column by emphasizing that our successes are due to following the attributes associated with our vision, mission and vector.

I have also stressed the importance of our leadership philosophy behind these successes – take care of your people, and they will take care of the mission; ensure the health of Airmen and the health of the aircraft, and the importance of long-range planning. Today, I would like to discuss the leadership themes that also drive our success.

We just completed another milestone for the Mighty Deuce. On Wednesday, we finished a successful nuclear operational readiness exercise in conjunction with United States Strategic Command's higher headquarters Exercise, Global Thunder. We generated aircraft, processed members and cargo, and accomplished a single missile download, cross load, and upload. Mission, people, safety, security, and surety were the cornerstones of our success.

The 2d Bomb Wing clearly understood its mission. We knew how many aircraft we had to generate, and we knew how many hours we had to generate them in. We knew how many members we were tasked to process through the members deployment function and how many short tons of cargo we were tasked to process through the cargo deployment function. We were all focused on these goals throughout the exercise. That focus guaranteed we were victorious in meeting our mission.

The people were highly motivated and trained. Hundreds had just returned from Air Expeditionary Force 7-8. These Airmen deployed at the zenith of our conventional battle rhythm and have been performing their conventional war time tasking for the last four to six months. They had to redeploy and immediately be recertified in less than three months in the nuclear skill sets required for our nuclear battle rhythm. Everyone excelled switching from the conventional deployment to this nuclear higher headquarters exercise.

The Airmen of the Mighty Deuce performed the mission safely. I was truly impressed with how well we used our operational risk management tools. We put the exercise on hold twice and delayed convoys due to weather concerns. This exercise started April 17 and finished Wednesday. Most work centers worked around the clock. We generated aircraft and processed

hundreds of members and tons of cargo. Most importantly, we accomplished these feats in a safe manner. There were no major reportable safety incidents.

The security during this higher headquarters was airtight. Everyone was a sensor during this exercise. Members, on base and off base, reported suspicious people and events. Security forces and the Office of Special Investigations were able to investigate these reports. Thanks to all of your efforts there were no reportable security incidents during Exercise Global Thunder. In addition, the concepts of operational and communications security were adhered to throughout the exercise.

Surety was never compromised during Global Thunder. There are very few activities that require a truly error-free performance. The handling of special weapons is one such zero-defect activity. Stop for a moment and think about how many actions we performed during this exercise. Then consider we did them all without a single surety incident. That is truly an amazing accomplishment.

Mission, people, safety, security, and surety are rock-solid leadership themes to consider. Keep them in your crosscheck. Global Thunder – job well done!

job well dolle.

### Action Line: Handicap parking

Query: I observed an incident at the new gym, which I feel needs to be addressed. I saw a truck pull into a handicapped parking spot and two very healthy young men in their mid twenties got out and went into the gym for a work out. The truck had a handicapped parking permit hanging from the rear view mirror, but I seriously doubt these two young men were the actual persons to whom it was issued. As these men entered the gym an elderly lady, also with handicapped plates, arrived. Finding the reserved parking spots full, she had to park across the lot and walk to the gym. I thought that not only did a car in a handicapped parking spot have to display the proper permit, but the person driving had to actually be the handicapped person.

Response: Thank you for your inquiry concerning handicap parking. All vehicles parked in handicap spaces must

display handicap state license plates, a handicap hang tag from the rear view mirror or a handicap placard with the identification card inserted. Properly marked vehicles have exclusive use of designated handicapped parking stalls. In accordance with Louisiana Revised Statutes, "exclusive use" applies to all properly marked vehicles only when used to transport the mobility impaired person. Security Forces patrolmen issue citations when they observe parking infractions, but because of the many tasks and duties required during a shift, it is difficult to identify all illegally parked vehicles. If you witness a vehicle operated by a person who does not appear to be handicapped and is utilizing a handicap parking space, contact the police services desk at 456-2551 to immediately report the infraction and the license number of the offending party. If you have any further questions please contact Police Services Operations at 456-3508.

### ATSO Question of the Week

What is the M45 Land Warrior Chemical-Biological Mask?

A: The M45
Land Warrior Chemical-Biological Mask is issued to Air Force members who are hard to fit in place of the MCU-2 series protective mask. Only extra-small and large M45 masks are issued. They are easily distinguished by the black coloring and separated eye lenses. (Ref: AFMAN 10-100 pg. 162, TM 3-4240-348-10)

### **Vision**

The 2d Bomb Wing is first ... in peace ... in war ... to victory!

### Mission

Exceptional warriors ready now to provide responsive, flexible and accurate bomber combat power and expeditionary combat support to warfighting commanders.

Anytime, anywhere.

### Vector

otal focus on mission excellence

Work together — take care of each other to build trust and teamwork

Offer opportunities for personal and professional wellness and growth

#### **Action Line 456-4000**

actionline@barksdale.af.mil

The Action Line is an avenue for complaints, suggestions and kudos on services provided at Barksdale. Comments can help make the base a better place.

Although the Action Line is always available for use, the best and fastest way to resolve problems is through the chain of command or the organization involved.

Individuals are encouraged to go that route first. If the problem is still unresolved, call the Action Line and the



Col. Daniel Charchian 2d Bomb Wing Commander

appropriate base agency will address the problem. Positive feedback about Barksdale is also encouraged. Please leave a name and phone number when calling the Action Line as more information may be needed.

#### **Key Customer Service Numbers**

AAFES Admin Office741-3243	Fa
Base Operator	Fra
BX	Ho
Casualty Office	Ins
Civilian Pay	La
Civilian Personnel 456-4502	Le
Claims Office	Mi
Clinic Patient Advocate456-6361	Mi
Commissary	Re
Contracting	Sa
Directory Assistance456-2252	Se
Environmental Flight 456-4629	Tra

# The BOMBARDIER

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Staff: 456-3241/5501//5502/1015 Classified advertising: 459-3333; Business advertising: 459-3468

Submissions: thebombardier@barksdale.af.mil Classifieds: thebombardier@gannett.com

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### 'Apprentice's' leadership principles reiterate core values

COL. CHARLES HALE

2D BOMB WING INSPECTOR GENERAL

In USAA's Spring 2006 Magazine, Kelly Perdew, a West Point graduate and former Army Ranger, is featured in an article entitled, "You're hired! Life before, during, and after 'The Apprentice."

Listed there are leadership principles from his book, "Take Command: 10 Leadership Principles I learned in the Military and Put to Work for Donald Trump."

In reviewing them, I immediately thought of the Air Force's core values. They are not only excellent principles for leaders but also for followers and life in general. Here is his list and how I matched them to our core values.

Not surprising to Airmen, Mr. Perdew's first is integrity. Without translation, this clearly matches our core value of integrity first. His second is duty which we call service before self.

His third is passion. Passion drives excellence, a necessary quality of every action an Airman takes.

The only flight surgeon pilot I have ever known in the Air Force is as passionate a man as I've ever met – that passion drove excellence in everything he did.

So, Mr. Perdew's first three leadership

principles are the Air Force's core values. Why are they the same, just worded differently? Because they are truly core values necessary for success in every aspect of life.

His other seven leadership principles are expansions or restatements that clarify or amplify the first three.

The fourth is, "impeccability: if it is worth doing, it is worth doing right;" that's excellence.

Teamwork is No. 5. We talk about teamwork everyday as Airmen to encourage

each other to be good wingmen and take care of our buddies. As Mr. Perdew says, "There is no "I" in Team," and that is service before self.

Guess what the sixth principle is – selfless service. That's our second core value again.

If you have ever heard the 2d Bomb

Integrity
Duty
Passion
Impeccability
Teamwork
Selfless service
Planning
Loyalty
Perserverance
Flexibility

- Mr. Perdew's Top 10

Wing commander speak, you will know the seventh, "planning: fail to plan, plan to fail." Every leader and

Every leader and follower needs to practice this one. Why? We cannot produce excellence or be excellent without planning — that's our third core value again.

We could easily become overwhelmed just thinking about the 2d BW's schedule for the next 11 months and without planning, it would be overwhelming. Instead, we roll up our sleeves, build our schedule from daily and weekly

goals, then set a suspense to ensure the task is accomplished. We have a plan.

The eighth was a little tough to translate into just one core value because "loyalty" cuts across all three Air Force core values.

We must first be loyal to ourselves, or we sacrifice our integrity. We must also be loyal to the mission and to the Air Force. At times this requires service before self. We must be loyal to our team or the trust needed to accomplish all that is required will not happen, and our excellence is shot.

I tied the ninth principle, "perseverance," to excellence. We seldom produce excellence on the first attempt, so keep trying. As an old saying goes, the only difference between success and failure is getting up one more time. So, stick to it and never give up.

Mr. Perdew's No. 10 is "flexibility." Throughout my career – and it's been a long one – I have repeatedly seen that flexibility is the key to air power.

How do we achieve flexibility in the Air Force? We do the hard work of planning for sequels, parallels, options, backups and what ifs. Excellence does not just happen – it requires a lot of hard, persistent work.

So are you ready for the challenge? Are you putting your core values into practice every day?

As I said in my introduction to Barksdale, "the best job you'll ever have in the Air Force is the one you're doing right now." So, do what you do with integrity, selflessness and excellence – and you can apply that to everything in life.

News **April 28, 2006** The Bombardier

# Earth Day '06:

### Preparing the future generation of conservationists

By Stephanie Bemrose

THE BOMBARDIER

For more than 30 years, people have celebrated the environment through Earth Day, which was April 22.

Barksdale's Earth Day activities involve children.

A first-grade class from St. Joseph Catholic School is taking a tour today of several locations including the recycling and drop-off centers and the processing facility, the forestry office. east side trails and Cullen Park.

Joe French, 2d CES pollution prevention program manager, explained that people across the country united to validate the importance of the environment and took action April 22, 1970 to recognize Earth Day.

"This was initiated by Senator Gaylord Nelson of Wisconsin, who said he was determined to 'forcibly thrust the issue of environmental quality and resources conservation into the political dialogue of the nation," Mr. French said.

"His accomplishment in the environmental arena eventually led to fundamental legislation, including the Environmental Policy Act (1969), the Clean Air Act (1970), the Clean Water Act (1977) and fuel efficiency standards for automobiles," Mr. French added.

Brian Larrimer, 2d Civil Engineer Squadron pollution prevention manager, said local kids love the base tour and some

classes even have competitions to see who gets to go on this field trip.

Ralph Sterba, 2d CES recycling and solid waste manager, said he hopes to spark a longlasting interest in recycling and conservation of natural resources with the children and their parents.

Mr. French explained how Barksdale's Earth Day activities have always involved school children to bring environmental awareness to the next generation.

"We feel it is important to teach young people to reduce, reuse and recycle for their future and their children's future on Earth," Mr. French explained.

Besides raising awareness, Mr. French said Earth Day is important to inspire people to take personal actions to address these issues.

"Our planet is in crisis due to global warming, overpopulation and other critical environmental issues," Mr. French explained. "Every person on Earth shares the responsibility to do as much as they can to preserve the planet's natural resources today and for future generations. It has never been more important to be good stewards of the environment than today."

Mark Gates, 2d CES wildlife biologist, said it's important to celebrate Earth Day because most people are aware of the importance of maintaining natural communities and habitats, but some don't always think of them

as renewable resources which can be lost if they're not maintained.

As part of the tour, Mr. Gates tells children about conservation, which is using a resource and making sure it is available for future use as opposed to preservation, which is not using a resource at all. Besides explaining conservation to the children, he also shows children why conservation is important by identifying plants in various habitats along the east side trails.

Mr. Larrimer said he believes everyone needs to do their part in reducing waste and pollution and to conserve natural resources.

"By educating children, hopefully they'll learn some good habits and pass them along to future generations," he said. "Most adults understand what needs to be done, but they have grown accustomed to doing it one way and are not open to changing their habits. An example of this is that everyone knows littering is bad, but how often do you see someone tossing something from their car window?"

Mr. Larrimer said he educates children by making sure they receive practical, educational outreach items promoting recycling and conservation, which are usually composed of post-industrial or consumer-recycled materials.

Mr. Sterba emphasized the importance of continuous education of children and other community members of the benefits

Air Force graphic

of conservation and recycling.

"Quite often we think of recycling being the answer to the problem and forget there are three arrows in the recycling logo – reduce the amount of waste we generate, reuse what we can, recycle what is recyclable and then dispose of the remainder," Mr. Sterba explained. "I find that especially on base, if you really get into recycling, the waste you send to the landfill will be decreased by at least 50 percent."

Mr. Sterba added that this will be his last Earth Day activity at Barksdale but that he has enjoyed the last 13 years and all the Earth Day tours he has been part of.

"I know the program will continue after I've retired and I would like to thank everyone on base who has participated in the recycling program helping to make it one of the best programs in Air Combat Command," Mr. Sterba concluded.



**NAOC** visit

A National Airborne

**Operations Center** 

aircraft landed at Barksdale Wednesday. The overnight stop is part of a routine traning exercise for the members of the NAOC team. During its visit, it is being serviced and refueled by Barksdale Airmen.

Tech. Sgt. Christopher DeWitt/2d Bomb Wing PA

The Bombardier April 28, 2006

### Holocaust Remembrance Day: Honoring the victims

BY STEPHANIE BEMROSE

THE BOMBARDIER

According to the U.S. Holocaust Memorial Museum, Days of Remembrance are from last Sunday through this Sunday, with Holocaust Remembrance Day observed Tuesday.

In 2004, the United Nations voted to honor the Holocaust atrocity, and in 1980, Congress created the United States Holocaust Memorial Council, which organizes the annual Days of Remembrance as the nation's annual commemoration of the victims of the Holocaust.

Chaplain (Maj.) Gary Underwood, 2d Bomb Wing Catholic chaplain, said this remembrance recognizes the seven million Jewish people who perished during the Holocaust, so history

does not repeat itself.

Tech. Sgt. Terrance Granger, military equal opportunity NCO in charge of human relations education, said it's important to remember the Holocaust because it is a prime example of what hatred and what ignorance can do if it goes unchallenged.

"The Holocaust should serve as a reminder to all not to look over or avoid responsibilities in regards to the tolerance of discrimination," the sergeant said.

Sergeant Granger said Airmen should be concerned with what happened during the Holocaust because it's a reminder of how important their job is.

"The U.S. military played an important part in toppling Hitler's army," Sergeant Granger explained. "Much like the role the military is playing today



in Iraq, removing a horrible dictator accused of killing his own people to maintain his power."

Father Underwood said everyone should be concerned with what happened during the Holocaust and the Air Force is no exception.

"The (Air Force) is inclusive and sensitive to the needs of all faith groups so that the spiritual needs of their members are met," the father said. Sergeant Granger explained that silence is a form of agreement with a situation.

"When you say nothing and you do nothing, then you agree with a situation," the sergeant said. "This is what so many countries did when the Jewish people were trying to flee before the Nazis gained full control over Germany and began prosecuting the Jewish people. Many closed their borders and turned their backs, because they felt it wasn't their business."

The sergeant added that this period of silence is similar to what some people do today when it comes to discrimination.

"We see it going on, but do nothing about it – until it affects us personally," the sergeant said.

The Hologaust took place be-

The Holocaust took place be-

cause the Nazi regime felt that one group of people, the Jews, were unacceptable, Father Underwood explained.

"What is to stop that from happening anywhere in the world, at any time, with any group of people that someone else may feel is unacceptable, inferior, or just not up to their standards?" Father Underwood asked. "What is to stop the Holocaust from taking place again, in our 21st century world? We are."

A local Holocaust Commemoration is hosted by Roman Catholic Diocese of Shreveport at 2 p.m. Sunday at the Catholic Center, located at 3500 Fairfield Ave. in Shreveport, honoring everyone who died in the Holocaust under the Nazi regime.

# **OSI warning:** Counterfeit money found in Barksdale registers

SUBMITTED BY AIR FORCE OFFICE OF SPECIAL INVESTIGATION DETACHMENT 219

With summer around the corner, more people are opening their wallets and purses for vacations, food and entertainment. While there is a current upswing in the use of credit cards and the relatively new debit cards, there are still those that prefer cold hard cash.

Unfortunately, there is something funny going on with the cash that is being passed around – and it's not the people spending it, it's the money. That's right – funny money.

Recently, Air Force Office of Special Investigation Detachment 219 has responded and seized counterfeit currency from several establishments on base. Some of the money was counterfeited very well and looked legitimate while some was immediately identifiable as fake.

In an effort to increase awareness, special agents from AFOSI Det. 19 contacted the Secret Service for information regarding counterfeit money.

The Secret Service did better than simply provide information. A Secret Service agent visited Barksdale and conducted a small training seminar for agents.

The training consisted of various counterfeit recognition techniques to assist in determining how the funny money was made.

AFOSI Det 219 provides the following information regarding counterfeit money and how to recognize it.

Currency paper consists of 25 percent linen and 75 percent cotton, therefore not making it paper at all, but rather a fine cloth.

These ingredients give currency a unique texture that is practically impossible to duplicate. A great amount of counterfeit money is printed on regular paper and can often be detected by feel alone.

The printing presses that make currency are incredibly detailed and are extremely difficult to reproduce accurately. Counterfeit bills often have wavy lines behind the portrait on the front and the drawing on the back.

One of the biggest identifiers of counterfeit money is the lack of a watermark. The watermark on a currency note is a faint image similar to the portrait on the bill and is visible when held up to a light source. The absence of a watermark or the appearance of a different president in the portrait indicates counterfeit money.

Another identifier that is easy to check is the security thread. Genuine currency has a clear polyester thread embedded vertically in the paper. The thread is inscribed with the denomination of the note and is only visible when held up to a light. Each denomination has a unique thread position and glows a unique color if held under an ultraviolet light. In some cases counterfeiters create a simulated thread which is printed on the bill to give the faux appearance the bill is legitimate.

While the likelihood of having a counterfeit bill in a wallet or purse is slim, it never hurts to check the larger denominations. A close inspection using the tips above should easily identify a counterfeit bill.

If a counterfeit bill is found, please contact AFOSI, 456-3881.

# 8th AF museum needs volunteers for spring tourists

By Buck Rigg

8TH AIR FORCE MUSEUM DIRECTOR

The 8th Air Force museum is one of only 13 Air Force field museums and is Louisiana's largest aviation museum.

April showers don't only bring May flowers, but these months are also the time when more visitors come to the museum. The museum is looking for a few good men and women who are retired or have time to spare to volunteer for positions to serve these tourists.

Last year's hurricanes hit Louisiana and the tourism trade. The museum, like other attractions and museums in the state, has been slow to come back around.

April has been a pretty good month considering the storms, and if it serves as an indicator for the coming tourist season, the museum is going to need help from a team of volunteers.

One of the most important volunteer positions for the museum's out-of-town guests is the greeter. This person occupies the welcome and information booth in the lobby of the museum. This is also where the first impression of the museum and Barksdale is made or broken. People with winning personalities who love to talk

should look into this opportunity.

Another position that is very important is that of the docent, or tour guide. This volunteer position takes visitors on a guided tour through the museum and tells the story behind the exhibits.

As with all the positions, this person is trained about what to what to say and also given additional information not included in the exhibit's text. People who prefer being outdoors can set up a tour of historic static display aircraft.

Other volunteer positions available include exhibit construction and help with maintaining the historic aircraft.

Anyone who has a day or two each week or on the weekends, even for half a day, can become a volunteer at the 8th Air Force museum. It provides the opportunity to brag about the history of the base and the organizations that call Barksdale home

People interested in being volunteers should call 456-4171 and leave their information with Angie Coker, including name, phone number, position interested in and the hours or days they are available. A museum staff member will then call back to set up a training session and place the new volunteer on the schedule.



April 28, 2006 The Bombardier

### Service before self

## Local, Air Force chaplains discuss roles

STAFF AND WIRE REPORTS

There are 2,200 chaplains and enlisted support people from the active and Air Reserve components serving a unique mission in today's Air Force.

Barksdale has six active duty chaplains, one Individual Mobilization Augmentee chaplain – or a Reservist who is assigned to jobs that are essential in wartime – six chaplain assistants and one IMA chaplain assistant.

Chaplain (Maj. Gen.) Charles Baldwin, Air Force Chaplain Service chief, recently took time to explain the role of the Air Force Chaplain Service in the military and why it is an intricate part of the Air Force mission.

"The chaplains are here to guarantee the free exercise of religion for all Airmen," Chaplain Baldwin said. "Chaplains are simply members of the clergy who pray, counsel and go to war alongside American troops. Whatever their church or creed, when they join the military they pledge to serve the spiritual needs of every faith."

Although chaplains are non-combatants and do not carry weapons, there are currently 71 members of the chaplain service deployed to areas around the world, including three Barksdale members.

"Chaplains serve in many capacities, from counselors and spiritual mentors to morale builders," Chaplain Baldwin said

The functions filled by Air Force chaplains can be summarized by saying they care for people.

Chaplains often serve as safety valves, of sorts, for commanders. By caring for families, Airmen and civilian employees, the chaplain service helps to keep families strong and ready for whatever service is asked of them, the general said.

"It is our strong belief that if families are taken care of and their needs – whether they be physical, mental, emotional or spiritual – are met, then our Soldiers and Airmen will be in a better frame of mind to fulfill the duties they are called upon to perform," he said.

There are many programs both at home stations and in deployed locations that care for base people and help them through their faith journey – regardless of faith.

"The chapel is so much more than just church services," Chaplain Baldwin said. "There are many bases that have coffee houses and programs for our young people. Chaplains also give free pastoral counseling."

One local program at Barksdale is the Applied Suicide Intervention Skills Training workshop, scheduled from 7:30 a.m. to 4:30 p.m. Thursday and May 5 in the Chapel Two annex. The program has an interactive workshop format where people can learn handson intervention techniques in a low-risk environment.

Chaplain (Capt.) Leslie Janovec, 2d Bomb Wing Protestant Chaplain, said she believes the ASIST workshop is designed for front-line supervisors to help them recognize people with suicidal ideas and provide them with tools needed to give a first-aid response to someone who may have suicidal tendencies.

Other Barksdale programs include various Catholic and Protestant religious education programs and working with the Family Support Center to put on the deployed families' dinners once a month.

Chaplains have privileged confidence. Anyone – military people o r family members – can take advantage of

the opportunity to speak with someone who can't and won't divulge what is discussed to anyone.

There has been a recent move lately – Air Force-wide – to place emphasis on the four dimensions of wellness, one of which is spiritual wellness.

"Most people have some sort of deepheld belief that encompasses who they are spiritually, even if that is having no spiritual conviction at all," Chaplain Baldwin said. "Chaplains are here to care for all people, regardless of religious background. We don't check dog tags before we sit down and talk or counsel an Airman."

Chaplain Janovec said although individual spirituality is not addressed in ASIST, an emphasis is given to understanding a person's belief system.

"Your own belief system – more specifically, 'Why I believe the things that I do about suicide' – is addressed," the chaplain said. "Many times, our ideas and thoughts about the subject of suicide stem from a spiritual perspective."

Chaplains wear the same clothes and move around and deploy the same way as the Airmen they care for do.

"The fact that we wear the same uniform and live the same life, gives our Airmen a sense of security knowing that the hardship and challenges they face is not something they are going into alone," Chaplain Baldwin said.

Wellness is the primary foundation for someone confidently stepping into battle, and chaplains are in place to help foster that wellness.

"When a person is ready to face even death they will be more courageous, not in a distorted way to go die, but to go fight," Chaplain Baldwin said. "Fear is debilitating, and if you can take away that fear, you have enabled greater, braver and stronger abilities in that enlisted Airman or aircrew member. I think it is a very helpful starting point before battle."

No matter where the military member is stationed, the chaplain service works to provide the same services that are available to military members at home.

Some have said the main mission of the chaplain service ministry is not preaching, but supporting warfighters and their families. However, Chaplain (Maj.) Gary Underwood, 2d BW Catholic chaplain, disagrees.

"One of our main missions is preaching because that's where we touch the most people and that's what our religious endorsers sent us into the (Air Force) to do," Father Underwood said. "But, I believe the main mission of the chaplain service is to provide for the free exercise of religion – and one of the very important ways we do that is by supporting warfighters and their families. I think we support warfighters and families through our preaching."

Father Underwood said another way to support Airmen and their families is by being available 24 hours, seven days a week for whatever spiritual needs the member or family may have.

"We add the spiritual dimension to situations that are often very complex and confusing," Father Underwood said. "We try to help remind people that in the busy and hectic world of today's military, with the constant deployments, never-ending demands, and ever increasing time away from home and family, God is with them in the midst of their trials."

Call Senior Airman John Davis at 456-2111 to reserve a seat or for more information about the ASIST or other chapel programs.

### Online mental health screening available for military, family members

BY GERRY GILMORE

AMERICAN FORCES PRESS SERVICE

WASHINGTON – Military members and families coping with the stress of overseas deployments and other potential health-threatening issues can log onto the Internet to get help, said a U.S. military psychologist.

Servicemembers from all components and their families can obtain a mental health self-assessment or screening through a Web site co-sponsored by the Department of Defense and Screening for Mental Health Inc., a nonprofit organization, said Col. (Dr.) Joyce Adkins, a psychologist with the Force Health Protection and Readiness directorate at the Defense Department's Health Affairs office.

"The (online) screening actually gets you to where you need to be in terms of counseling," Dr. Adkins said. "Once you do one of the screening checklists, it will

give you the benefits that are available to you."

The Web site was brought online in January, and can be found at http://www.mentalhealthscreening.org/mil itary/index.aspx. The link to the survey is in the upper right corner of the Web page under "Click for anonymous self assessment."

The site augments other DOD mental health assistance resources, Dr. Adkins said. People logged onto the site are asked to answer a series of questions. The program "grades" the completed survey, Dr. Adkins said, and gives people an evaluation of their present mental health and provides assistance resources, if deemed necessary.

Other DOD-endorsed health sites tell customers how to access mental health counseling services, but do not provide an online mental health screening program, Dr. Adkins said.

National Guard and Reserve members returning

from overseas deployments also are authorized to use the Web site, Dr. Adkins said. Returning Reserve-component members have two years of health benefits provided by the Department of Veterans Affairs.

"And, it's totally free to them," the colonel said.

Such services are especially important now because of the potential stressful effects deployments can have on both military and family members, Dr. Adkins said.

"It's a concern that people don't understand what their thoughts and feelings mean as they come back from deployment," Dr. Adkins said. "As they re-integrate with their families there may be conflict in the family that's not easily resolved."

The mental health screening Web site and other related programs available to servicemembers and their families provide "a level of benefits and a level of service to help them understand what services are available to them for mental health issues," Dr. Adkins said.

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#### **News briefs**

#### Changes of command

#### 2d Medical Support Squadron

Lt. Col. Scott Hale takes command of the 2d MDSS from Lt. Col. Todd Eppler 10 a.m. Monday in the main ballroom at the Barksdale Club.

Colonel Hale has been the medical logistics flight commander at Wright Patterson Air Force Base, Ohio, since June 2002.

Colonel Eppler retires Thursday after 21 years of service.

#### **26th Operational Weather Squadron**

Maj. Jonathan Kelly relinquishes command of the 26th OWS to Lt. Col. Ronald Comoglio 10 a.m. May 9 in the Barksdale Club Ballroom, with a pre-reception beginning at 9:30 a.m.

Since April 2005, Colonel Comoglio has been the director of operations for the 21st OWS at Sembach Air Base, Germany.

#### Retirements

Master Sgt. Cutles Porter, 2d Maintenance Group, retires 10 a.m. today in the Patterson Auditorium in Hangar 12 after 22 years of service. Dress is casual for civilians and uniform of the day for military. For more information, call Master Sgt Brian Widiker, 456-2402.

Lt. Col. Tim Marks, 2d Bomb Wing, retires 1 p.m. today after 21 years of service. The retirement ceremony is in the 11th Bomb Squadron. Dress is casual for civilians and uniform of the day for military. For more information, call Mr. Wayne Penrod, 456-5049.

Lt. Col. Todd Eppler, 2d Medical Support Squadron commander, retires 3:30 p.m. Thursday after 21 years of service. The ceremony takes place at the Barksdale Club. Dress is casual for civilians and uniform of the day for military. For more information, call 1st Lt. Wendy Moreno, 456-6060.

Bobbie Bass, 2d Munitions Squadron secretary, retires 3 p.m. May 5 after 40 years of federal service. The ceremony takes place the Barksdale Club. Dress is casual for civilians and uniform of the day for military. For more information, call 2nd Lt. Jennifer Knopf, 456-2124 or

#### **Office Closure**

The Legal Office closes early May 5 for an official office function. Hours of operation are 8 to 2 p.m.

#### MyPay Scam

Copy cat Web sites have been developed to make people think they are accessing the official MyPay Web site. There are also sites that use the words MyPay as part of their web addresses.

The following are some examples of Web sites that use MyPay in their web addresses and have been blocked from government computers: www.mypay.com and www.mypayloanservices.com.

The official MyPay Web site is https://

mypay.dfas.mil. Use caution and do not mistakenly provide personal information to copycat, look-alikes or other sites that use MyPay in their web addresses.

#### Membership drive

The Barksdale Women's History Committee is having a membership drive May 6 at the base exchange to recruit members and nominees for its executive board. Please call WHC president, Tech. Sgt. Rebecca Hancock, at 456-6253, for more information.

#### Red Cross youth

The American Red Cross 2006 Summer Youth Volunteer Program is June 1-August 4. The program accepts applicants from 13 to 17 years old.

There is a \$10 registration fee, and orientation is June 1. Applications are available at the Medical Clinic, Pediatric desk, Family Support Center or from the American Red Cross Chapter in Shreveport.

For more information, call Shreveport's Red Cross Chapter, 865-9545.

#### **Blood Drive**

A blood drive is 9:30 a.m. to 5 p.m. May 17 at the base exchange and shoppette parking lots. Call 1st Lt. Kathy Falino, 456-8745, for more information.

#### STARBASE Academy

Students entering 6th-8th grades this fall are eligible for STARBASE summer

Applications can be picked up at the STARBASE classroom next to the base theater. Activities include discovery and application of science, math and technology that emphasize teamwork and fun.

Academy dates are June 26-30, and completed registration forms are accepted beginning May 1. Class size is limited.

For more information, call the STAR-BASE office, 456-1315.

#### Community survey

The Integrated Delivering System working group sponsors 2006's Community Assessment Survey of service members, reservists and spouses.

Results of the survey are used by base leadership to target where resources are needed and to enhance the well-being of the Barksdale community.

For more information call Chap. (Capt.) Leslie Janovec, 456-2111.

#### **Airshow booths**

Squadron booths for the Defenders of Liberty Airshow May 12-14 are available. Take advantage of the opportunity to provide the general public with a piece of memorabilia that reflects your unit pride. For more information, call 456-5162.



### Mosquitoes Use DEET to aviod bites, virus

By Staff Sgt. Elizabeth NIFONG-VELAZOUEZ

2D BOMB WING SAFETY OFFICE

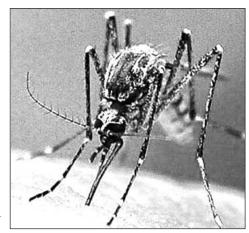
As I was walking up to my house the other day I noticed something at my door... mosquitoes! Yes, they have arrived. With summer a hop, skip and a jump away, we need to protect ourselves and our kids.

First, start spraying on the oh-sogood smelling insect repellent. The ever-pesky mosquito can now cause more than the general annoyance of itchy red bumps. Mosquitoes can transmit the West Nile virus. While there is a small chance of being infected and even less chance of becoming ill once infected, it is better to be safe than sorry.

Anyone who enjoys the outdoors and is planning to participate in outdoor activities, is at risk of being infected. The most effective methods of protection are things you can do yourself:

- Avoid mosquito bites by applying insect repellent containing DEET to exposed skin when you go outside. Follow product application directions carefully.
- Spray clothing with repellents containing DEET to deter mosquitoes from biting through them. Do not apply repellents to skin under clothing.
- Mosquitoes are attracted to dark, vibrant colors, so wear light-colored protective clothing, such as long-sleeve shirts, pants and socks to leave less skin exposed.
- Do not wear strong fragrances or perfumed creams that can attract mosquitoes.
- Stay indoors from dusk to dawn and avoid gardening in the early morning or evening when mosquitoes are

years of age, use products with a maxi- along with the sunscreen.



Courtesy photo

mum of 10 percent DEET, and apply it no more than three times per day. Avoid prolonged use and applying repellent to children's hands to reduce the chance of getting it in their eyes and mouths.

For children six months to two years of age, use one application per day in situations where a high risk of complications from insect bites exists. Use a product with 10 percent DEET or less and apply sparingly, but not on the face or hands.

Insect repellents with DEET should not be used on children under six months of age.

The more DEET a repellent contains, the longer the protection lasts. For example, a product containing 10 percent DEET provides about three hours of protection, while one containing 30 percent DEET provides approximately six and a half hours of protection.

Apply repellents sparingly on exposed skin surfaces or on top of clothing, and do not use under clothing. Repellent does not need to be applied heavily, a light coating will be effective.

Before venturing outside this sum-For children between two and 12 mer, don't forget the insect repellant



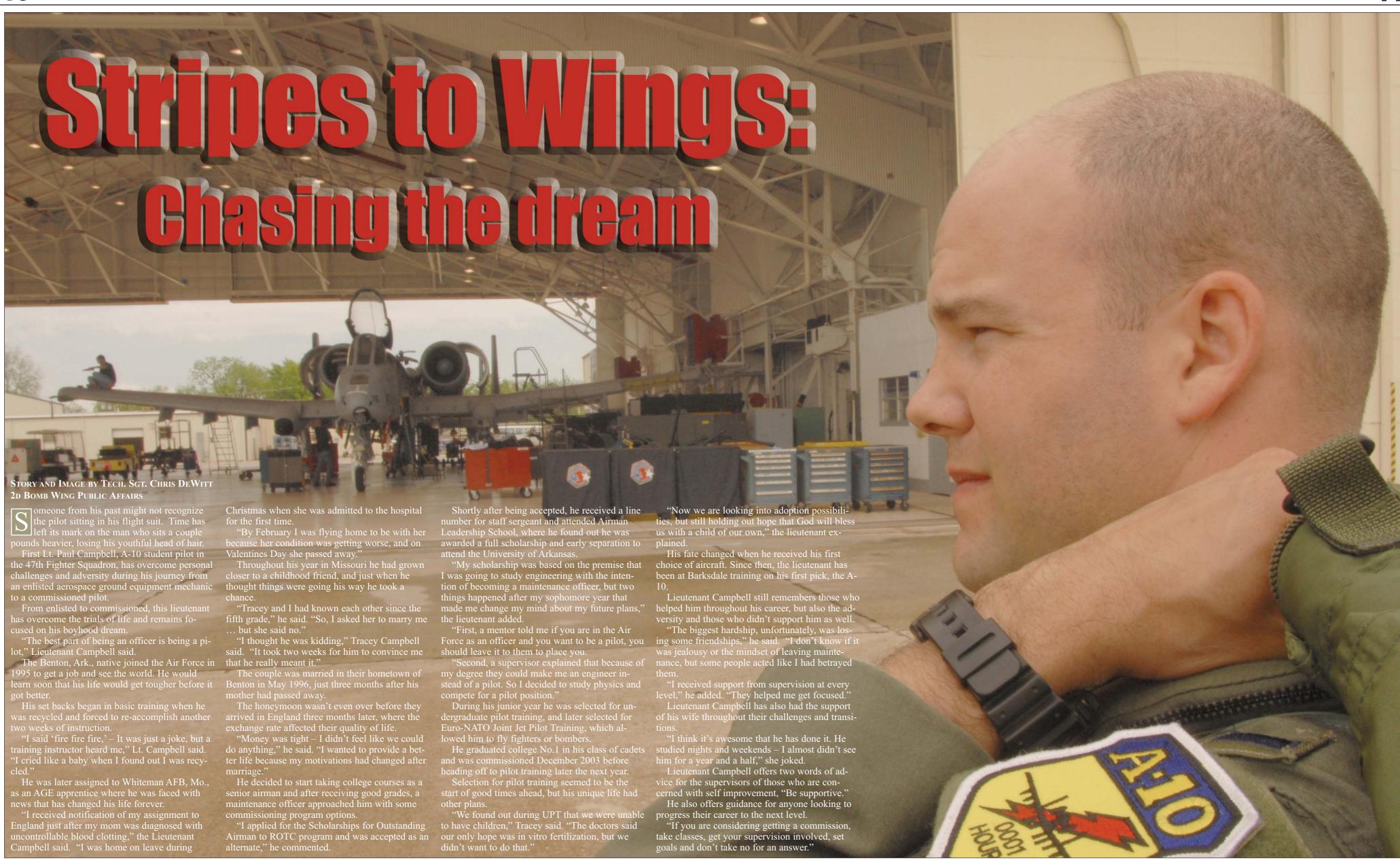


Play it smart. Know your skill level and ride within it.



(800) 446-9227 • www.msf-usa.org

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### Services events

For more information about 2d Services Squadron events, check their Web site at www.barksdaleservices.com

#### Kids' carnival

Celebrate Military Child Month at a carnival 3-6 p.m. today at the youth center field. Festivities include easel painting, collage art, finger painting, salt jars, a bouncy castle and face painting.

All activities are free and open to the base public. Food and balloons are available for purchase.

For more information, call 456-3448.

#### Super Bingo

Super Bingo is Tuesday in the ballroom at Stripes Enlisted Lounge.

It features eight \$100 cash games, two progressive cash jackpots including a \$6,000 cash jackpot and a hi-definition 50" big screen television with surround sound. The program is open to all ranks, retirees and civilians. Club members get special pricing.

Dinner and early bird games begin at 5:30 p.m. Calling begins promptly at 6:30 p.m.

For more information, call 456-4926.

#### Kids' yard sale

A kids' yard sale takes place 8 a.m. Saturday at the youth center. Kids may rent a table for \$1 and sell toys, stuffed animals, games, clothes, music and

To reserve a table, call 456-3448.

#### Cinco De Mayo

Hangar II hosts the Commander's Cinco De Mayo celebration 5:30-11 p.m. May 5.

Cost for the taco buffet is \$5 with \$2 **Pool season** drink specials.

For more information, call 456-

#### Mother's Day brunch

Celebrate Mother's Day at the Barksdale Club 11 a.m. to 4 p.m. May

All mothers receive a special gift bag. Cost is \$15.95 for adults, \$9.95 for youth ages 12-17, \$5.95 for youth ages 6-11 and free for children under 6. Nonmember adults cost \$4 more.

Reservations are required for parties of 10 or more.

For more information, call 456-

#### **Texas Hold 'Em**

Stripes enlisted club hosts a Texas Hold 'Em players buffet beginning 6 p.m. May 19.

Cost is \$10 for members and \$12 for nonmembers.

Afterwards, members are invited to participate in a free Texas Hold 'Em tournament. Nonmembers are invited to play for \$8.

For reservations, call 456-4926.

#### Preschool camp

Registration for preschool summer fun camp is 1-3 p.m. through May 15 at the part-day enrichment center.

Children ages 3-5 are eligible and must be of age prior to March 1.

The camp is 9 a.m. to noon Tuesday-Thurday June 6-29.

Bring immunization records, birth certificate and current leave and earnings statement to registration.

The full month's fee is due at registration. Fees are based on total family income and are non-refundable. For more information, call 456-3776.

#### Fall preschool registration

Registration for 2006-2007 preschool is under way at the part-day enrichment center. Children ages 3-4 are eligible, and must be 3 years old before Sept. 30.

Bring immunization records, birth certificate, current LES and a \$10 registration fee at the sign up.

Two-, three- and five-day classes are available and begin Aug. 13.

For more information, call 456-3776.

#### Scrapbooking

Scrapbook classes are 11 a.m. to 1 p.m. Fridays at the arts and crafts center.

Cost is \$3 per person. For more information, call 456-3140.

Base pools open May 27.

Pool passes cost \$70 for families for the first four family members, \$40 for season individual passes, \$20 for monthly individual passes and \$2 for daily admission.

Passes are available until May 27 at outdoor recreation and equipment rental. Swimming lessons are also available.

For more information, call 456-7765 or 453-0976.

#### Virtual lemon lot

The auto craft shop is putting cars, boats and RVs on the new online lemon lot. Download your entry form at www.barksdaleservices.com or stop by the auto craft shop.

For more information, call 456-1866.

#### Spring lawn special

Start the new mowing season right by preparing mowers at equipment rental. Cost is \$3, and includes oil change, blade sharpening and cleaning of unit, spark plug and air filter.

For more information, call 456-3426.

### Cajun Warrior Attitude



Master Sgt. Kevin Jones

Family: Wife, two sons and one dog

Hometown: McLoud, Okla.

Unit: 2d Bomb Wing Inspector General

Job title: Superintendant of inspections and evaluations

Job description: Managing the combat and inspection readiness of the largest bomb wing in Air Combat Command

Most rewarding job aspect: Seeing first hand how all the different units on base work together to successfully complete the mission

Goals: Retire, and pursue a second career in law enforcement

Hobbies: Playing golf, guitar and spending time with my family

Favorite TV show: CSI

Favorite band: Pink Floyd Favorite movie: Roadhouse

Favorite sports team: Oklahoma

Favorite book: The Stand by Stephen

Best day of my life: My kids' birthdays

Favorite dish: Heiges hot wings

I'm proudest of: My wife – she should get a medal for putting up with me for

**Person I admire most:** My grandfather

My pet peeve: Supervisors who don't give their subordinates proper feedback

My best asset is: My work ethic

Most influential person in the Air Force and why: Chief Master Sgt. Crossland; he was a master at making sure the mission was accomplished while also taking care of everyone who worked

What motivates my winning attitude? My family; everything I do is for them

What I like the most about Barksdale: The people

If I could change anything about Barksdale, it would be: Slow down the operations tempo

#### 2d IG at a glance

Inspector General:

Col. Charles Hale



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#### At the movies

For recorded show times and movies, call 456-3666 or visit the Army and Air Force Exchange Services Web site at www.aafes.com. Movies are subject to change without notice. Admission: Adults \$3.50, children \$1.75 (Information and photos courtesy of www.movieweb.com)

#### "V for Vendetta"

Run time: 132 minutes

Rated: R Playing: 7 p.m. today

Cast: Natalie Portman, Hugo Weaving

**Synopsis:** Set against the futuristic landscape of totalitarian Britain, the story of a mild-mannered young woman named Evey who is rescued from a life-and-death situation by a masked vigilante known only as "V." Incomparably charismatic and ferociously skilled in the art of combat and deception, V urges his fellow citizens to rise up against tyranny and oppression.





#### "Aquamarine"

Rated: PG

**Playing:** 2 p.m. Saturday **Run time:** 109 minutes

Cast: Emma Roberts, Sara Paxton

**Synopsis:** Following a violent storm, a beautiful and sassy mermaid named Aquamarine washes ashore and into the lives of two teenage girls. After Aquamarine falls for a local, hunky lifeguard, she enlists the girls' help to win his heart.

#### "Failure to Launch"

Rated: PG-13

**Playing:** 7 p.m. Saturday **Run time:** 97 minutes

Cast: Sarah Jessica Parker, Matthew McConaughey

**Synopsis:** A thirty-something man who still lives with his parents falls in love with the woman of his dreams and begins to suspect she has been hired by his parents as a way to get him out of the house.





#### "She's the Man"

Rated: PG-13

Playing: 7 p.m. Sunday

Admission: \$1

Run time: 105 minutes

Cast: Amanda Bynes, Channing Tatum

**Synopsis:** Viola disguises herself as her twin brother Sebastian and enrolls in his place at his new boarding school. What she didn't count on was falling in love with her hot roommate, Duke, who in turn only has eyes for the beautiful Olivia.

#### The streets of Barksdale

Vosler Circle original name

Named for Tech. Sgt. Forrest Vosler

Named for Tech. Sgt. Forrest Vosler, a B-17 radio operator and gunner who earned the Medal of Honor for heroic action over Bremen, Germany, Dec. 20, 1943. After bombing the target, his B-17 was hit by anti-aircraft fire that knocked out two engines, damaged the radio equipment, injured the tail gunner and wounded Vosler in the legs and face. Despite being nearly blinded by shell fragments, he maintained a steady stream of fire to protect the tail of the aircraft.



When the pilot announced they would ditch in the English Channel, Vosler repaired the radio entirely by touch and sent out distress signals. Upon ditching, he saved the wounded tail gunner from certain death. His radio signals brought help and the entire crew was quickly rescued. (*Courtesy 2d Bomb Wing Historian*)

#### **Family Support Center**

Located on the corner of Kenney Ave. and Curtiss Rd. 456-8400 — Reservations are required for all events.

#### **TAPS**

The next Transition Assistance Program Seminar is 8 a.m. Tuesday-Thursday.

This workshop is designed to help military members and their spouses make career decisions as they move from military service to civilian life.

Topics covered include personal appraisal, career decisions, applying for jobs, resumes, dressing for success, interview techniques and job offers.

#### Family readiness briefing

A mandatory personal and family readiness briefing is 2 p.m. Thursdays.

It is vital to have personal and family affairs in order before a family member deploys. The Family Support Center's readiness program is available to provide information and support during all phases of deployment.

Military members must be in uniform when attending this appointment.

For more information, call 456-8400.

#### Parent, tot playgroup

Chapel Two hosts a parent and tot play group is 10-11:30 a.m. Tuesdays and Thursdays.

The program promotes socialization for parents and young children through informal group interaction.

The group's goal is to improve preschool children's social skills through peer group association while providing parenting and child development knowledge through group interaction.

#### Spouse appreciation

In honor of Military Spouse Appreciation Day, May 12, the Family Support Center is hosting a short essay contest.

Entrants must answer the following statement, using 50 words or less: "My spouse is an excellent military spouse because ..."

Spouses of the entrants win a prize. The deadline for entries is May 3. Winners are notified May 11. Entries can be e-mailed to BarksdaleFSC@barksdale.af.mil.

#### Chapel

**Chapel One** — 275 Barksdale Blvd. E., 456-2111 **Chapel Two** — 724 Douhet Dr., 456-2466

#### **Catholic services**

Daily Mass, 11:35 a.m., Mondays through Fridays, Chapel One

Confession, 4:30 p.m., Saturday, Chapel Two Mass, 5:30 p.m., Saturday, Chapel Two Mass, 9 a.m., Sunday, Chapel Two Mass, 11:30 a.m., Sunday, Chapel One

#### **Protestant services**

Liturgical communion service, 9 a.m., Sunday, Chapel One

Community worship service, 10:30 a.m., Sunday, Chapel Two

Inspirational gospel worship service, noon, Sunday, Chapel Two

#### **Dining**

#### **Dining hall information**

Call 456-7733 for menu information from the Red River Inn dining facility. Call 456-4769 for the flight kitchen menu information.

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### Maintainers bump Mighty 8th into losers' bracket

# 2d MXS continues to dominate postseason

STORY AND PHOTOS BY SENIOR AIRMAN SARAH STEGMAN THE BOMBARDIER

The 2d Maintenance Squadron beat 8th Air Force to move on in the winners' bracket during the intramural volleyball championships Tuesday.

It took three close matches for the maintainers to put away 8th AF.

The first match went to the 2d MXS, 25-18; 8th AF fought tooth and nail for its 25-22 win, to ensure another chance to come out with a win. The maintainers were too much, and won the third match 15-13.

The win for the maintainers keeps them on the road to victory and possibly their third consecutive volleyball championship.

"We didn't play well at all,"

said John Alden, 2d MXS coach. "Most of our passing was off and we just seemed out of position."

The team's only loss all season was to 8th AF.

"In our next game, we plan to play as a team and start passing and setting the ball better," Alden said.

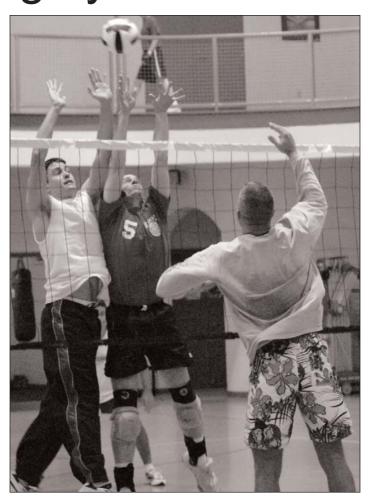
The loss was the first for the Mighty 8th all season, putting their combined regular and post season record to 13-1.

"We had a few problems with communication, but other than that I feel we played well," said 8th AF coach, Louis Cusimano.

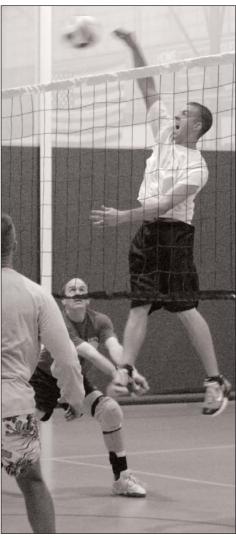
Going into their Wednesday night match up against the 2d Security Forces Squadron, Cusimano said they'd need to fix the communication glitches and fight it out.

"Stephen Petche had some great plays keeping the game close, and Jennifer Irwin played well switching from setter to passer," Cusimano explained.

Due to the championship game being played after The Bombardier's deadline, the game will be covered in the May 5 issue.



Mighty 8th teammates Petche, left, blocks while Philip Limbacher, center, tips a spike from Brian Widiker, 2d MXS. The maintainers squeaked past the 8th AF in a three match set in Tuesday night's intramural volleyball quarterfinals.



Cusimano spikes the ball during the second match.

#### **Sports shorts**

#### Retiree golf classic

The 22nd Annual Barksdale Retiree Golf Classic is May 1-4. The three-round tournament is a four-players team, scramble

Tournament play is at Fox Run, Crooked Hollow and Northwood golf courses. Local businesses provide prizes.

For more information, call Lees Broome, 746-6916.

#### East side walk

Families are invited to walk for enjoyment and fitness in a Walk the East Side Trails event 9 a.m. May 6.

The first 100 participants receive medallions. Refreshments are served following the event.

Directions to the trails are available at the fitness center and outdoor recreation. For more information, call 456-4135.

#### Link Up 2 golf

A Link Up 2 Golf program begins May 9 at the golf course and continues every Saturday.

The program consists of weekly golf workshops for beginners to learn the game and for former and occasional golfers to reconnect with the game in a fun, relaxed environment.

Cost is \$99 per person. For more information, call 456-2263.

#### Free kids clubs

The 4th annual Air Combat Command kid's golf event is June 12-26 at the golf course. Youth ages 8-17 are eligible to participate.

Cost is \$69.95 and includes five one-hour lessons, a golf hat, instructional booklet, t-shirt and the tournament at the end of the program. All children also receive a custom fitted set of clubs.

Participants must register before May 15 to attend. For more information, call 456-2263.

#### Judo classes

Free judo classes with Sensei Duffield are available for youth ages 5-12 6-7 p.m.

Classes for ages 13 and older is 7-8 p.m. Tuesdays and Thursdays at the fitness center. For more information, call 456-4135.

#### 3-D archery

Three-D archery tournaments take place Sunday, May 28 and June 25.

Cost is \$25 for professionals, \$10 for nonmembers, \$5 for members, youth and cubs and free for peewees.

Participants without base privileges must register by the Monday before the event

International Bowhunting Organization scoring of 12-10-8 with one arrow 10 and 40 practice range. For more infor-

mation, call 456-7765, or e-mail outdoor recreation@barksdaleservices.com.

#### Wednesday night scrambles

Tee-off is 5:15 p.m. for a nine-hole Wednesday Night Scramble event each Wednesday through September at the Fox Run Golf Course.

This four- or five-person team scramble is for golfers of all skill levels. Teams are selected on a blind-draw based on the players' handicaps.

Cost is \$3 plus normal green fees. Sign-ups begin at 4 p.m. the day of the event. For more information, call 456-2263.

#### **Paintball**

Paintball is available from 9 a.m. to 4 p.m. Saturdays at Clear Lake Park's new field.

Cost is \$12 per person and will admit participants for the day. Rental gun, mask and 100 paintballs are also included in the admission price.

and 100 paintoans are also included in the admission price.

Only paint purchased at the field is permissible. Additional paint is \$4 for 100, \$15 for 500, \$30 for 1000 and \$60 for

2000. No sign-ups are necessary. For

more information, call 456-7765.

#### Off-field paint

Off-field paintball paint is available for purchase at outdoor recreation and equipment rental. Purchase 500 paintballs for only \$11 or a case consisting of 2,000 paintballs for \$35. For more information, call 456-7765.

#### Martial arts classes

Tai Chi and Wing Chun classes are available at the youth center.

Tai Chi classes are 11:15 a.m. to noon Mondays and Wednesdays and 6-6:45 p.m. Wednesdays.

Wing Chun classes are held noon to 12:45 p.m. Mondays and Wednesdays and 6:45-7:30 p.m. Wednesdays.

Ten class punch cards cost \$75. Additional family members receive a \$10 discount.

Contact Mr. Russell McWhorter via email at LAkungfu@cox.net or by phone at 572-1255 for more information.

#### Baby boot camp

Expectant and new mothers are invited to attend the fitness center's baby boot camp/mommy and me program. Classes are held at the fitness center each Tuesday, Thursday and Friday from noon to 1 p.m. For more information, call 456-4135.